



Profiles in Wellness



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I quit smoking 12 years ago, after my mother died of lung cancer. The cause of death was as “smoking”, which sent home the message to me. With the support of my friends I was able to quit..

Since that time, I have been diagnosed with lupus and have had to take steroids for 3 years to get it under control. After that, I had one hip and knee replaced. With the joint replacements there are “restrictions”. The trick has been to find a regimen of healthy living and exercise in spite of the limitations. While my weight is not in the range it should be, I continue to try to live healthy.

I do a warm water aerobics class designed for arthritis. In my work I have talked to people with multiple sclerosis and other diseases that are living very active lives with hard jobs. It has made me a believer in not giving up. Any of us with illness and limitations in our lives should not let them take over. We should all work to be the healthiest person we can be!